Identify Your Career Interests

This overview/checklist is designed to help you discover the group(s) of occupations most related to your interests, based on "Holland Codes."

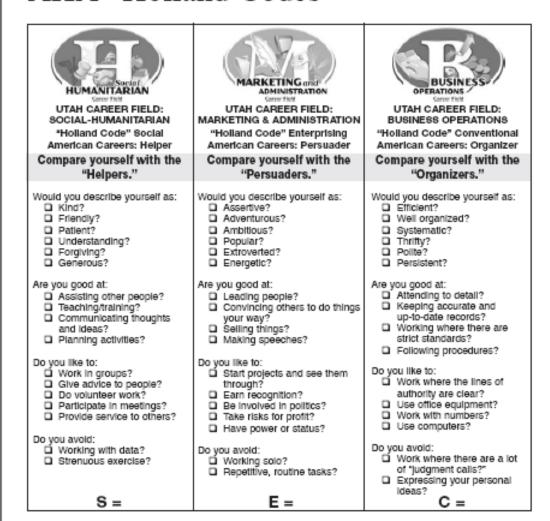
This is simply an activity, not a validated assessment measure.

For each of the six Holland Codes, check the statements that describe you.

TECHNICAL UTAH CAREER FIELD:	SCIENTIFIC UTAH CAREER FIELD:	ARTS THE RECREATION UTAH CAREER FIELD:
TECHNICAL "Holland Code" Realistic American Careers: Doer	SCIENTIFIC "Holland Code" Investigative American Careers: Thinker	ARTS & RECREATION "Holland Code" Artistic American Careers: Creator
Compare yourself with the "Doers."	Compare yourself with the "Thinkers."	Compare yourself with the "Creators."
Would you describe yourself as: Practical? Seif-controlled? Mechanical? Athletic? Outdoors-y? Peristent?	Would you describe yourself as: Precise? Self-confident? Logical? Independent? Scholarly? Observant?	Would you describe yourself as: Imaginative? Original? Emotional? Expressive? Idealistic? A non-conformist?
Are you good at: Fixing things? Operating equipment? Using tools? Solving practical problems?	Are you good at: Solving math problems? Understanding scientific theories? Using a computer?	Are you good at: Working with designs and patterns? Drawing or painting? Writing stories, poems or music?
Do you like to: Work with plants? Take care of animals? Build things? Spend time outdoors? Be physically active?	Do you like to: Work with ideas? Conduct experiments? Read professional magazines? Work on your own?	Do you like to: Work on crafts? Attend concerts or the theatre? Dance? Take photographs?
Do you avoid: Doing paperwork? Working closely with other people?	Do you avoid: Intense physical activity? Taking leadership positions?	Do you avoid: Highly structured situations with a lot of rules? Mechanical problems?
R =	I =	A =

NOTE: The descriptions used on these pages were adapted from the "Overview of Holland's Vocational Personality Theory," <u>O'Net Interest Profiler User's Guide</u>, p.17, and from "What is My Personality Type," <u>Delaware Career Compass 2005-2006</u>, p. 10.

AKA "Holland Codes"



Now total the number of checks for each code and record in the space by the letter at the bottom of each box. Write the codes associated with your 2-3 top "scores" below. This is your "Holland Code." Check out the occupations that match your interests by consulting the Career Chart (pp. 38-59).

For a more accurate measure of your career interests, and links to matching programs of study and occupations, take the Interest Profiler in the Choices Planner.

